



# LSUA<sup>®</sup>

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**INTERNATIONAL STUDENT HANDBOOK**

# TABLE OF CONTENT

Welcome .....	2
University Contacts .....	2
International Student Arrival and Check in Requirement .....	3
Preparing For Your Arrival .....	4
Student Housing .....	4
Meal Plan .....	4
Travel Tips .....	6
Arrival and Airport Transportation.....	7
Responsibilities Of F1/J1 Students .....	8
Student Employment .....	9
Mandatory Medical Health Insurance Requirements .....	10
Tuition Fee Payment Options .....	11
Living In LSUA .....	12
Setting Up Mobile Service .....	12
Local Transportation .....	13
Shopping For Supplies .....	13
Groceries in Alexandria .....	13
Restaurants in Alexandria .....	14
Student Life .....	15
U.S. Culture and Practices .....	16
Understand The U.S. Classroom Culture .....	17
Degree Programs .....	18



## INTERNATIONAL STUDENT HANDBOOK

### Welcome to Louisiana State University at Alexandria!

You are now officially a member of Louisiana State University at Alexandria (LSUA). Congratulations and welcome! In anticipation of your arrival, this handbook will help you prepare for the transition to your new home and new campus experience at LSUA. Please read this handbook thoroughly, as it covers essential topics and many useful information to guide you through the transition process.

Attending college in the United States is both exciting and challenging times for international students. Some of you may be familiar with American culture while others may be completely new to the United States. It is important to know that you are not alone! We are here to assist you to have an enjoyable and successful academic experience. If you have questions or concerns that are not addressed in this handbook, do not hesitate to contact the Coordinator of International Programs.

Your presence enriches the diversity of our university and community. We are delighted that you chose LSUA to share your culture and thrilled that you will be joining us soon! We look forward to meeting you at LSUA!



#### Office of International Programs (OIP):

Nina Cox, Coordinator of International Programs,  
Designated School Official (DSO), Responsible Officers (RO), and  
International and Multicultural Student Association Advisor  
**Student Center, Room 202B, 8100 Highway, 71 South, Alexandria, LA.**  
**Phone: 318-473-6552, email: [ncox@lsua.edu](mailto:ncox@lsua.edu)**

#### University Contacts:

Shelly Gill, Associate Vice Chancellor for Enrollment Management  
Principal Designated School Official (PDSO)  
**Phone: 318-473-6508, email: [sgill@lsua.edu](mailto:sgill@lsua.edu)**

Academic Affairs	318-473-6446
Admissions:	318-473-6417
Accounting:	318-473-6407
Advising:	318-767-2604
Registrar:	318-473-6424
Housing:	318 767-2616
Student Engagement	318-767-2604

#### Other Emergency contacts: 911

University Police LSUA:	318-473-6427, or 473-5555
Health Center LSUA:	318-427-0110
Counseling	318-473-2604



# LSUA INTERNATIONAL STUDENT ARRIVAL AND CHECK IN REQUIREMENT



## PURPOSE

International students in F-1 and J-1 student visa status as determined by federal regulations are responsible to maintain lawful status while studying in the United States. Failure to comply with this policy will result in serious consequences for the international student.

## POLICY

This policy applies to all international students in F-1 and J-1 visa status at LSUA. Failure to comply with this policy will result in serious consequences - loss of scholarship and/or termination of your I-20.

### 1. International Student Orientation and Check-in Requirement

\* Students must bring a copy of a passport, visa and I-94.

Fall Semester – All newly admitted and continuing international students must attend the International Student Orientation and complete the Immigration Check-in Form. Students who fail to attend the International Student Orientation will lose academic scholarship and fee waiver.

- All continuing international students must check-in with Coordinator of International Programs by the first day of class. \* Students must bring a copy of a visa (if renewal) and I-94.
- Continuing international student-athletes must check-in with the coaches by the first day of class.

Spring Semester – Only newly admitted international students must attend the International Student Orientation. Both newly admitted and continuing international students must complete the Immigration Check-in Form by the first day of school.

\* Students can get most recent I-94 at <https://i94.cbp.dhs.gov/home>

### 2. Arrival Requirement

**All international F-1 and J-1 students must arrive on campus no later than the first day of school each semester.**

- Failure to arrive on the first day of class will result in the loss of academic scholarship and fee waiver.
- Failure to arrive by the third day of class will result in termination of SEVIS record. The immigration system will automatically terminate the I-20 and students will be asked to leave or not be allowed to enter the U.S.

Any circumstance that causes the delay of arrival must be reported to the Office of International Programs prior to arrival on campus.

All newly admitted F-1 and J-1 students are allowed to arrive up to 30 days before the program start date that appears on the I-20.

### 3. Departure and Travel out of the United States

All International students are required to be on campus until the last day of each semester. Prior to travel outside of the United States, students must have their I-20/ DS-2019 signed by a designated school official (DSO). This includes travel to Mexico or Canada for vacation or any short holidays. Failure to do so may result in a student being denied re-entry to the United States.

# PREPAREING FOR YOUR ARRIVAL

Once you have been admitted to LSUA as an international student on a F-1 or J-1 student visa, please take the following steps to prepare for your arrival on campus.



## PRE-ARRIVAL CHECKLIST

### 1. Make sure you have importance documents below:

- Valid Passport
- Student Visa F-1/ J-1
- Printed I-20/DS-2019 Form (Certificate of Eligibility for Non-immigration Student Status)
- Acceptance letter and all official letters emailed to you by the Office of Admissions
- Receipt for the payment of SEVIS I-901 fee (required by SEVIS)
- Visa or MasterCard Prepaid Cards or Traveler's Checks/Cash in U.S. dollars is recommended.
- The University address and contact information for Designated School Official (DSO)
- Family contact information

### 2. Housing Arrangement: On-Campus Housing and Meal Plan

LSUA offers an environment where students get the benefits of a larger institution with the friendly and supportive culture of a small-scale university. LSUA is committed to ensuring students to have a wonderful on campus living experience, and find a home away from home.

#### **Student Housing (the Oaks) - 8223 Acorn Drive, Alexandria, LA 71302**

First-year students are expected to live on-campus, so student can enjoy the convenience on-campus experience and more opportunities to become part of the LSUA community. Apply for campus housing is done under the STUDENT tab in myLSUA or go to the link: LSUA housing application:

<https://www.lsua.edu/campus-life/housing/housing-application>

If you have specific questions regarding the application or about our housing, please reach out to [reslife@lsua.edu](mailto:reslife@lsua.edu). HOUSING IS FILLING QUICKLY – be sure to secure your spot as soon as possible.

#### **Amenities:**

- High-Speed Internet Access, cable TV, all Utilities (electric, water, sewer, trash, etc.)
- Free Laundry Facilities On-Site, Full Kitchen, Appliance Package and High-Quality Furnishings
- On-Site Swimming Pool, Outdoor recreation area, and Game Room

### 3. Meal plan

Dining Services in LSUA provides several meal plan options to accommodate students and their busy schedules. Each residential student is required to have a meal plan while living on-campus. Eating well and spending less is easy with an LSUA meal plan. Please visit our Dining Services website at

<https://dineoncampus.com/LSUAdining/for-residents>

Our Dining Services management, culinary staff and allergen handling associates all complete FARE Certified food allergen training, along with additional specific food allergy training for cross contamination and meal prep. We take food allergy management very seriously. We will help you navigate the safest options within our dining operations and prepare meals for you individually by trained associates with food allergy management knowledge, in spaces dedicated to food allergy prep.

In order to best serve you, we highly encourage for you to reach out to us so we can set up a meeting and discuss! You can contact Laney Cease at [Marlene.Cease@compass-usa.com](mailto:Marlene.Cease@compass-usa.com).

### 3. Contact Academic Advising



At LSUA, our advisors are dedicated to guiding students through every step of their academic journey, from their first year to graduation. Each international student is assigned an Academic Advisor who understands the needs of those acclimating to a new university. During these advising sessions, students can explore various topics such as their major, program requirements, course selection, extracurricular activities, future plans, and study skills.

New students can conveniently access their advisor's information through their MyLSUA account or go to <https://www.lsua.edu/campus-life/dose/advising> for schedule and advising session. The appointment can also be requested to take place over Zoom or other virtual meeting platforms. Have any questions? Contact us at [studentservices@lsua.edu](mailto:studentservices@lsua.edu) or call 318-767-2604.

### 4. Packing Luggage

International airline companies usually limit to one-two suitcases and one carry-on bag for each traveler. Check with the airline for bag and weight limitations. Make a checklist in order of priority before you start packing since you may not be able to fit everything that you would like to bring on your trip.

The weather in Alexandria is hot and humid for most of the year. You will experience all four seasons. Temperatures can reach as high as 93 °F / 34 °C or higher during the summer. The weather during the winter could drop down to 25F/-3.8C. There is a lot of rains in Alexandria, an umbrella and waterproof shoes are recommended. It's a good idea to bring a semi-formal dress, business attire and traditional clothing or cultural artifacts from your country. Also remember to bring an extra pair of glasses and/or contact lenses along with a copy of your prescription.

You will need an adaptor if you are bringing any electronic items from home. The standard electrical outlet in the US is between 110 and 120 volts.

### 5. Flight Arrangement

The nearest airport to LSUA campus is Alexandria International Airport (AEX). There are no direct flights from international countries to Alexandria, Louisiana. You need to travel to the U.S port of entry in a larger city and take a connecting flight to Alexandria Airport. Please allowing for at least 3-4 hours, between your arrival and connecting flight to Alexandria, to go through the U.S. Custom at the U.S port of entry.

U.S. Immigration rules allow you to enter the U.S. up to 30 days before the program start date listed on your I-20/DS-2019. You must arrive in LSUA no later than the program start date that is noted on your I-20 or DS-2019. If you anticipate delays and expect to arrive later than the program start date, please notify the Coordinator of International Programs by email: [ncox@lsua.edu](mailto:ncox@lsua.edu)

The U.S.A. Department of Homeland Security will not admit anyone who does not have a VISA, a valid passport, an I-20 or DS-2019 into the U.S.A. For more information about Alexandria International Airport (AEX), please go to <https://flyaex.org/>





## TRAVEL TIPS

We want your trip to the U.S.A to be safe and pleasant. Please observe the following travel tips:

- Hand-carry your passport, I-20 or DS-2019, the letter from LSUA Admissions, bank or funding verification, original transcripts or diplomas and any other official documents.
- Reconfirm your flight at least two days before departure.
- Never carry a large amount of cash. You should have cash to cover initial expenses such as taxi or bus fare, meals, and initial housing.
- Never leave your luggage unattended.
- To reduce jet lag, drink plenty of non-alcoholic fluids on the plane, and get some rest. Refrain from eating a lot of food that contains a significant amount of salt and sugar.
- You should declare any food that you have brought to the U.S. in your checked luggage and carry-on items, certain items brought into the United States from foreign countries are restricted. For more guidelines, go to [https://help.cbp.gov/s/?language=en\\_US](https://help.cbp.gov/s/?language=en_US)

## Note: TIME CHANGE

Louisiana State University at Alexandria is located in the state of Louisiana, U.S.A which is in the “Central Standard” time zone. Please adjust your watch to local time before landing (at each lay over or transit). The U.S.A. uses a 12-hour clock. Information on time zones can be found at the following websites:

<http://www.timeanddate.com/worldclock/> or <http://www.worldtimezone.com/index24.php>



## 6. Completing the Arrival Check-in

Notify the Office of International Programs of your arrival schedule at [ncox@lsua.edu](mailto:ncox@lsua.edu).

**ALL** international students are required to report their arrival on campus to the Office of International Programs in Student Center, room 202B. Please bring your passport, visa and I-94 when you check-in.

### I-94 Arrival/Departure Record

The I-94 is the arrival/departure record issued by a U.S. Customs and Border Protection (CBP) officer to international visitors entering the United States. The I-94 determines your lawful status and the benefits you can have while you are in the U.S. as an F-1/J-1 student.

**You will not have an I-94 until you have entered the United States and are processed by a CBP official at the U.S. port of entry. You will receive a new I-94 each time you re-enter the U.S.**

You can get most recent I-94 at <https://i94.cbp.dhs.gov/home>. Please print a copy of your I-94 and bring to the Office of International Programs when you check-in.

# ARRIVAL

## PORT OF ENTRY

The first airport in the United States where you arrive is called a Port of Entry (POE), and you will have to go through the U.S. Customs and Border Protection (CBP) before you can go to your connecting flight to Alexandria.

You must present your passport and your I-20 or DS-2019 Certificate of Eligibility to the border officer at your port of entry. The officer may ask you a few questions while processing your papers. After going through CBP inspections, you can pick up your luggage and proceed to a U.S. Customs official who will take your Customs Declaration form. After going through Customs, you are now officially in the United States! You will find ticket counters or kiosks where you can check-in for your connecting flight to Alexandria.

## AIRPORT TRANSPORTATION

LSUA does not have a service to pick up students from the airport or the Greyhound bus station. However, there are taxi services which can take students from the airport upon arrival.



Louisiana State University at Alexandria's residence hall is located at

**8223 Acorn Drive, Alexandria, LA 71302**

**Phone:** (318) 767-2616, **Email:** [reslife@lsua.edu](mailto:reslife@lsua.edu)

The taxi cost from the airport to LSUA is approximately \$40-\$50. The following are the taxi companies that you can make transportation arrangements once you are in Alexandria:

- **Designated Driver Cab Service:** [www.aexcabservice.com](http://www.aexcabservice.com) 1713 Shirley Ave. Alexandria, LA 71303. Phone: +1(318) 290-1180 Email: [cliff42013@gmail.com](mailto:cliff42013@gmail.com)
- **A-Town Transportation:** 2804 horseshoe Drive, Alexandria, LA 71301. Phone: +1(800) 261-8260
- **Magic City Taxi:** 5200 Donahue Ferry Rd, Pineville, LA 71360. Phone: +1(318) 640-2768
- **Uber** [www.uber.com](http://www.uber.com): [https://auth.uber.com/login/?uber\\_client\\_name=riderSignUp](https://auth.uber.com/login/?uber_client_name=riderSignUp)





# INTERNATIONAL PROGRAMS



The Office of International Programs (OIP) provides immigration advising for international students, hosts events to promote cultural understanding across campus, and serves as a bridge to connect international students to the greater LSUA community. OIP also aspires to promote international education and to expand the academic experiences for all LSUA students through the opportunity of Study Abroad programs.

## International Student Orientation

All current and new international students must attend the International Student Orientation to obtain guidance for each academic year. International students will have an opportunity to meet faculty and staff and learn about useful services and resources. Other important topics in the orientation session include immigration guidelines to maintain international student status, campus safety, and health insurance.

## International & Multicultural Student Association (IAM)

The International and Multicultural Student Association (IAM) is one of the largest student organizations on campus. IAM is open to all LSUA students whether you are a domestic or an international student that admires other cultures or has an international background from around the world. IAM encourages a sense of identity and embraces unity through sharing and experiencing global diversity.



[www.lsua.edu/international](http://www.lsua.edu/international)



318.473.6552



[ncox@lsua.edu](mailto:ncox@lsua.edu)

# RESPONSIBILITIES OF F1/J1 STUDENTS

## MAINTAIN F-1/ J-1 STATUS



### Full-Time Enrollment

It is very important for international students (F-1 and J-1) to maintain their full-time enrollment to stay in lawful immigration status in the U.S.A.

F-1/ J-1 students are required to be enrolled "Full-time", means 12 credit hours, no less than 9 credit hours in physical presence courses (LSUA courses ending with X, J, K and L) and can select 3 credit hours in distance learning course (LSUA courses ending with I) to count toward full-time enrollment per semester.

The exception to the full-time enrollment requirement is a case of a student in his/her final semester of enrollment at LSUA who needs less than full course load to complete his/her degree requirement. In such a case the student must officially file for graduation prior to enrolling part-time. If you are considering part-time enrollment for any other reason, please contact Coordinator of International Programs.

F-1/ J-1 students may not drop below a full course of study without prior advising from a professional advisor, and a Coordinator of International Programs. If you fall out of lawful immigration status, you may have serious problems with U.S. Immigration. As a result, you may have problems obtaining any U.S. visas or entering the U. S. in the future. While you are in the U.S., falling out of status means that you will no longer be eligible for any F-1/ J-1 benefits, including employment authorization. In some cases, being out of status may result in you being put in removal procedures (deportation).

### Extend I-20/ DS-2019 As Needed

If your program will require more time than originally granted, you will need to notify the office of International Programs at least 30 days prior to the end date of your Form I-20, in order to allow enough time to obtain the necessary documentation to maintain your F-1 visa.

### Keep Your Passport Valid

F-1/ J-1 students have to maintain a valid passport at all times. (Renewing your passport 6 months prior to expiration is recommended.) Passports can be renewed by your home country's consulate or embassy. You will be required to provide the U.S address in order to keep your SEVIS records up-to-date. If you change your address at any time during your stay, you will need to notify the Office of International Programs to update SEVIS record.

### Travel Outside of the United States

Prior to travel outside of the United States, students must have their I-20/ DS-2019 signed by a designated school official (DSO). This includes travel to Mexico or Canada for vacation or any short holidays. Failure to do so may result in a student being denied re-entry to the United States.

# STUDENT EMPLOYMENT

## On-Campus Employment

F-1 students may work on-campus up to 20 hours per week while school is in session and up to 40 hours per week during university breaks and holidays.

1. Find job by word-of-mouth and visit each individual office or view job opportunities at [www.lsua.edu/about-us/job-opportunities](http://www.lsua.edu/about-us/job-opportunities)
2. Contact International Office and apply for Social Security Number.
3. Wait for approval from Human Resources before beginning work.

## Off-Campus Employment

Students are NOT allowed to work in the United States without prior authorization. Working off-campus without permission is a serious violation of your F-1 visa regulations and could result in your deportation.

After the first academic year, F-1 students may engage in two type off-campus employment:

1. Curricular Practical Training (CPT)
2. Optional Practical Training (OPT) (pre-completion and post-completion)

### Curricular Practical Training (CPT)

Curricular Practical Training (CPT) is a program that temporarily allows international students with an F-1 visa to gain practical experience directly related to their major through employment, paid or unpaid internships, or cooperative (co-op) education.

CPT can be part-time (20 hours or less a week) or full time (20 hours or more a week). If you work full-time for 12 months in CPT, you will lose your eligibility for OPT.

#### Requirement for CPT

- CPT must be part of an established curriculum and be completed before graduating.
- CPT must relate directly to student's major of study.
- Authorization is for one specific employer and for a specific period of time.
- Student must secure the training opportunity before CPT can be authorized.
- CPT must be authorized before the student can begin work.
- Student can have more than one CPT authorization at the same time.
- One year of full-time CPT eliminates a student's eligibility for OPT.

### Social Security Number (SSN)

International students will be required to get a Social Security number, if they are employed on or off campus and will be paid for any type of work in the United States. Students must request and be approved to work BEFORE requesting a SSN. If you has a previous SSN, you do NOT need to request a new one.

### Optional Practical Training (OPT)

OPT is an employment benefit granted by the United States Citizenship and Immigration Services (USCIS) authorizing eligible F-1 students to work anywhere in the U.S.

#### Requirement for OPT

- OPT must relate directly to student's major of study.
- This must be documented in LSUA records and SEVIS in detail.
- Student does not have to secure training before applying for OPT.
- Student remains on current student visa with updated I-20 for up to 12 months.
- OPT for STEM graduates can be awarded for 24 months Authorization comes in the form of an EAD card (Employment Authorization Document) with official dates when the student is allowed to work.
- While applying for OPT it is not recommended that you leave the US until approval is granted.



# MADATORY HEALTH INSURANCE REQUIREMENTS



All international participants in F-1 and J-1 visa are required to have medical health insurance while studying and staying in the U.S. LSUA offers medical health insurance plan for all international students, visiting scholars, and to their spouses/dependents.

All international students on F-1 and J-1 visas will be automatically enrolled and be charged to the students' account for the LSUA-endorsed health insurance plan. There are no exceptions to the health-insurance requirement. The cost of the university insurance plan is based on the age and the participation in sports.

Please note that this insurance requirements will continue, so please make plans for this additional charge to your account each semester.

## LSUA HEALTH CENTER

The LSUA Health Center is located on the first floor of Coughlin Hall next to Human Resources. Students currently enrolled at LSUA can receive treatment; health insurance is not required at the Health Center.

Hours of Operation: Monday - Friday, 8:00 a.m. - 4:30 p.m.

Closed 1:00 p.m. - 1:30 p.m. for lunch

Phone: 318.427.0110

\*Appointment is highly recommended.

Students can receive medical attention for non-life-threatening illnesses such as:

- Sore throat
- Sinus and ear infections
- Flu symptoms
- Nausea and vomiting
- Minor cuts
- Urinary tract infections
- Cough and cold
- Health education materials



For life threatening medical emergencies, call 911 or proceed to the nearest hospital or emergency medical center.

## COUNSELING CENTER

If you're struggling with the stress of cultural adjustment and would like to learn strategies for coping more effectively with your transition, please reach out to the Counseling Center. Many international students find that counseling can help them learn new coping skills, generate ideas about how to get connected, and receive support for the many transitions they are experiencing.



All counseling services are free and confidential.

To schedule an appointment to meet with a counselor, call (318) 767-2604 or email [ctilley@lsua.edu](mailto:ctilley@lsua.edu).

# TUITION FEE PAYMENT OPTIONS

Students can verify their billing statement online through Self-Service or contact Accounting Services at 318-473-6407. For more information on payment options, please access:  
<http://www.lsua.edu/fas/accounting/payment-dates-options>

## 1. To Pay in Person:

Payments may be made to Accounting Services (Abrams Hall) from 8:00-4:00, Monday-Friday. LSUA accepts Cash, Check, Money Order, VISA, MasterCard, Discover, and American Express.

## 2. International Wire Transfers:

International students and their parents may contact Accounting Services at 318-473-6407 or [accountingservices@lsua.edu](mailto:accountingservices@lsua.edu) for banking information in order to complete international wire money transfers.

## 3. To Pay by Mail:

Make checks and money orders payable to LSUA. Include the student's name and LSUA ID number (P000XXXXXX) on the check or money order and send payment to:

**LSU of Alexandria**  
**Attn: Accounting Services**  
**8100 Highway 71 South, Alexandria, LA 71302-9121**

## 4. To Pay Online:

Pay online through Transact using your bank account, debit, and/or credit card

- \$35 enrollment fee (due at the time of enrollment)
- Monthly or bi-weekly payment plan options offered
- Payment plans are available at the time of course registration
- International forms of payment are accepted

*\*\*NOTE: 2.75% service fee if a credit/debit card is used.*

### Steps to Pay Online

1. Log into [myLSUA](#)
2. Navigate to Self-Service
3. Click "Finance" in the navigation bar
4. Select "Make a Payment"

Failure to pay in a timely manner may result in a \$75 late fee.



# LIVING IN LSUA

## OPENING A BANK ACCOUNT

Contact a bank representative about your banking needs and they will assist you in selecting the best bank account option for you. Always read the documents you are signing and ask for clarification for anything that you don't understand.

Document requirements for opening a bank account in the U.S.A usually are as follow.

- Passport, I-20 and I-94
- Your physical address: If you live on campus, you will need a letter from the Oaks Residence Hall to confirm that you are a current student at LSUA and a resident of the Oaks.
- \$25 - \$50 U.S dollar for opening an account.



### Nationwide and most common State Banks near the campus:

#### **Chase Bank: [www.chase.com](http://www.chase.com)**

3820 Jackson St., Alexandria, LA 71303.

Phone: (318) 443-1383

#### **Capital One Bank: [www.capitalone.com](http://www.capitalone.com)**

3701 Jackson St., Alexandria, LA 71301.

Phone: (318) 487-2120

#### **Red River Bank: [www.redriverbank.net](http://www.redriverbank.net)**

1412 Centre Ct #101, Alexandria, LA 71301.

Phone: (318) 561-4000

#### **Southern Heritage: [www.shbnet.com](http://www.shbnet.com)**

2227 5211 Jackson St., Alexandria, LA 71303.

Phone: (318) 561-2227

#### **Evangeline State: [www.therealbank.com](http://www.therealbank.com)**

3907 Parliament Dr., Alexandria, LA 71303.

Phone: (318) 443-3700

#### **CenLA Federal Credit Union**

708 Jackson Street Alexandria, LA 71301

Phone: (318) 445-7388

## SETTING UP MOBILE SERVICES

Obtaining a cell phone is a process that involves comparing costs between cell phone providers and deciding on a plan that includes the services you need. The best way to find a company that fits your cell phone needs is to compare cell phone companies' options and plans.

Most cell phone providers will ask for a cash deposit for new clients that do not have credit history in the U.S. Most cell phone contracts are for two years. However, some cell phone providers have pre-paid sim cards or month by month plans where you pay up-front each month.

### Mobile services Providers more popular in the area:

#### **AT&T: [www.att.com](http://www.att.com)**

1800 MacArthur Dr. Alexandria, LA (318)

448-3438

#### **Boost Mobile Wireless: [www.boostmobile.com](http://www.boostmobile.com)**

1263 MacArthur Dr., Alexandria LA, 71303

(318) 445-1240

#### **Verizon Wireless: [www.verizonwireless.com](http://www.verizonwireless.com)**

3601 North Blvd. Alexandria, LA

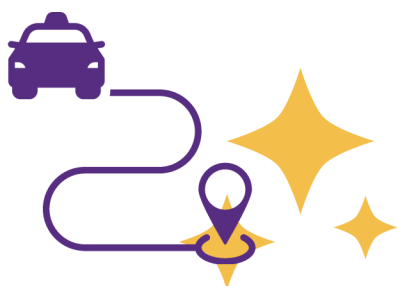
(318) 445-2065

#### **Sprint: [www.sprint.com](http://www.sprint.com)**

4617 Jackson St. Alexandria, LA (318)

445-9517

## LOCAL TRANSPORTATION



### 1. City Bus Service (ATRANS)

The City of Alexandria operates a bus service within city limits Monday through Friday.

For route information, please call 441-6087.

<https://www.cityofalexandrialala.com/bus-transit-atrans>

### 2. Local Taxi Services

Local taxis are available for transportation to destinations not covered by the City Bus Service. Some commonly used taxi companies are listed below:

- Designated Driver Cab Service: (318) 290-1180
- A-TOWN Transportation (318) 314-5038
- Groundwork's Taxi (318) 787-7285 -5735
- 1st Alexandria City Taxi (318)
- Uber: [www.uber.com](http://www.uber.com)

### 3. Car Rental Services

- Hertz Rent a Car (318) 561-0032: Alexandria, LA
- Enterprise Rent-A-Car (318) 445-0099: Alexandria, LA
- Hertz (318) 561-0032: Alexandria, LA
- Avis Car Rental (318) 487-1553: Alexandria, LA

## SHOPPING FOR SUPPLIES AND BUYING GROCERIES

### 1. Campus Market (OCM)

Our Campus Market (OCM) is the premier website for college students and families. OCM provides university-approved merchandise for campus living, gifting and special campus occasions including move-in, graduation and more. <https://www.gvsu.edu/housing/rha/ocm-5.htm>

### 2. Alexandria Mall

Alexandria Mall has many familiar and unique shops and restaurants. These include Dillard's, JCPenney, Bath & Body Works, ULTA Beauty, and much more! Alexandria Mall locates at 3437 Masonic Dr., Alexandria, LA 71301. Phone: 318-448-0227.



### 3. Grocery Stores

#### Walmart

2050 N Mall Dr. Alexandria, LA  
(318) 445-2300

#### Dollar Tree

2071 N Mall Dr St 101, Alexandria, LA  
(318) 619-8556

#### Target

2206 Memorial Dr. Alexandria, LA  
(318) 448-4351

#### Kroger

1422 MacArthur Dr, Alexandria, LA  
(318) 442-1851

#### Dollar General

1800 MacArthur Dr # A, Alexandria, LA  
(318) 561-2932

#### Albertsons

2265 S MacArthur Dr, Alexandria, LA  
(318) 487-9395

# RESTAURANTS IN ALEXANDRIA



## American Restaurant:

### Applebee's

1500 MacArthur Drive, Alexandria, LA 71301  
Tel: (318) 449-9991

### Chili's Bar and Grill

2291 S MacArthur Dr., Alexandria, LA 71301 Tel:  
(318) 442-3222

### Cracker Barrel

6108 W. Calhoun Drive, Alexandria, LA 71301  
Tel: (318) (318) 767-0500

### Golden Corral

501 MacArthur Drive, Alexandria, LA 71303  
Tel: (318) 442-3075

### Spirits Food and Friends

1200 Texas Avenue, Alexandria, LA 71301  
Tel: (318) 445-4491

### Diamond Grill

924 3rd Street, Alexandria, LA 71301  
Tel: (318) 448-8989

### IHOP

2715 MacArthur Drive, Alexandria, LA 71301  
Tel: (318) 767-1666

### Walk-Ons Sports Bistreaux

2956 S MacArthur Dr, Alexandria, LA 71303  
Tel: (318) 704-5444

## Italian:

### Johnny Carino's

3209 MacArthur Drive, Alexandria, LA 71301  
Tel: (318) 767-5942

## Cajun:

### Quebedeaux's Boudin & Cracklins

3710 S MacArthur Dr, Alexandria, LA 71302  
Tel: (318) 528-8788

## Lebanese:

### Apollo Greek and Lebanese Café

3425 Jackson Street, Alexandria, LA 71301  
Tel: (318) 448-0455

## Mexican:

### Mi Tierra

1460 MacArthur Dr, Alexandria, LA 71301  
Tel: (318) 625-7234

### Los Portales

2071 N Mall Dr, Alexandria, LA  
Tel: (318) 443-5556

### Sombreros

1730 Metro Drive, Alexandria, LA 71301  
Tel: (318) 487-0001

## Oriental:

### Pho U Vietnamese Cuisine

4722 Jackson St, Alexandria, LA 71303  
Tel: (318) 625-7002

### Panda Express

2810 MacArthur Drive, Alexandria, LA 71301  
Tel: (318) 767-8596

### Hana

2915 S MacArthur Dr, Alexandria, LA 71301  
Tel: (318) 442-9898

### Royal India Bistro

1473 Dorchester Dr, Alexandria, LA 71301  
Tel: (318) 704-1763

### Mandarin Chinese & Sushi

3150 N MacArthur Drive, Alexandria, LA 71303  
Tel: (318) 448-8007

## Fast Food near campus:

Sonic	Pizza Hut
McDonald's	Canes
Popeye's	Chick-fil-A
Burger King	KFC
Pizza Hut	

# STUDENT LIFE

Student Life at LSUA is your ticket to become involved in organizations and events outside the classroom. We work to coordinate student activities and work hand-in-hand with student led organizations to enhance the college experience.

## STUDENT ORGANIZATIONS AND ACTIVITIES

- Accounting Club
- Art League
- Associated Professional Educators of Louisiana (A+PEL)
- Baptist Collegiate Ministries
- Biological Science Organization (BSO)
- Black Organization for Leadership and Development (BOLD)
- Catholic Student Organization (CSO)
- Chemistry Club
- Clio Society
- Collegiate 4-H
- Computer Science Club
- Criminal Justice Association
- Empty Space Players
- International and Multicultural Student Association (IAM)
- Latin American Student Organization (LASO)
- LSUA Ambassadors
- LSUA Business Society
- LSUA Kinesiology Club
- Marketing Club
- Math Club
- Muslim Organization for Leadership and Development
- National Society of Leadership and Success
- Psi Chi International Honor Society
- Psychology Club
- Rotaract
- Sigma Beta Delta - International Business Honor Society
- Sigma Tau Delta International English Honor Society
- Sports Media
- Student Government Association (SGA)
- Student Nurses Association
- Zeta Phi Beta Sorority



Students interested in participating in a current group or creating a new organization should contact Student Involvement Coordinator Lacey Caillier at [ACaillier@lsua.edu](mailto:ACaillier@lsua.edu)

### TRADITIONAL ACTIVITIES

Each semester LSUA kicks off the first week of school with “Week of Welcome”, (WOW). Student Life and many student organizations have planned several activities that will be held throughout the first week of school. Most of these activities will be held on the “Quad.” The quad is located behind the water fountains in front of the Student Center. If you see activities going on in this area, wander on over, they are there for all students.

# U.S. CULTURE AND PRACTICES

## CULTURE SHOCK



### Culture Shock

Living in a new country and environment is an exciting experience. It is an opportunity to learn new skills, meet new friends, taste new cuisines, and become independent. The details of living arrangements, social interactions, intercultural interactions and immigration requirements to follow and the many choices and decisions to make, can be mind boggling. Anyone exposed to a new culture, different environment, and separated from the important people in life, such as family and friends, will experience some degree of culture shock.

Students often suffer from “culture shock,” and the excitement of the first few days may turn into feelings of loneliness and unhappiness. Some students may feel that they do not have any “down-time” to adjust, and reflect. Some common symptoms in this phase include: frustration, irritability, boredom, criticism, Changes in mood, depression, feeling vulnerable, and the feeling of being lost or overlooked.



International students may also become aware that the real America is so different than what has been portrayed by the media and pop culture. Although Americans are friendly and welcoming to international students, sometimes their “openness can be overwhelming”. Americans often see themselves as individuals and are goal and action oriented. Emphasis is placed on “doing your own thing” and having the freedom to make individual decisions. Personal freedom is respected and highly valued.



### How to prepare

“Culture shock” is a natural response and can be difficult to handle. The best advice is to keep an open mind. Going into the experience as an international student with an open mind will help students see the similarities and differences between their home country and the U.S. without judging them. Try to observe and to understand others. The more you know about American culture, politics, and economics, the more you can prepare yourself for what to expect when you arrive in the U.S.A.

People are operating in accordance with their own set of values and history. Try not to judge them by the standards and expectations of your own country. Learn about unspoken rules and expectations, social manners and current affairs. Also eat, sleep and exercise to stay both physically and mentally healthy. This will help you sustain a positive attitude while adjusting and adapting to a new culture. While at times it may be an unpleasant experience to go through, adapting to a new culture provides great opportunities for personal growth and development.

Connecting with students from your country can be very helpful when you first arrive, but as time goes on, try to find an American (or a few!) who is understanding to your situation, with whom you can share your feelings of confusion.



# UNDERSTAND THE U.S CLASSROOM CULTURE

## 1. Classroom participation:

International students find connection with professors and dynamics in the classroom interesting. Students tend to be less formal in the US than in most other countries. Student and teacher relationships tend to be more equal in the United States. Students in American classrooms speak freely and lectures are much more like discussions than the lectures. International students may not be accustomed to a professor openly criticizing or complimenting them. Some of these can be regarded as differences in communication styles and values, expectations of professors and students, teaching and learning, or simply culture.

## 2. Self-achievement:

Americans tend to be competitive, achievement-oriented, and direct in interactions. Emphasis is often placed on the individual rather than the group. Recognition of such cultural trends can ease the discomfort you may feel when you experience differences in interactions.

## 3. Helpful sources:

In the US, there are many sources available if you need help. Please talk with your professors, faculty advisers, counselors, or seek tutoring from the Tutoring Centers on campus for any problems that you may have with the courses or personal issues. Seeking help is not a sign of weakness.

## 4. Time and Appointments:

Americans are highly conscious of the value of time and use it quite efficiently. American attitude toward appointments replicates this idea. Most of Americans' daily activities are well planned and it is normal to make appointments to meet with faculty (some faculty may have open office hours when you may drop by). Students should always be on time for lectures, classes, and meetings with academic and administrative staff. If students fail to keep an appointment or are late for it, it is extremely important for students to call and give advance notice.

## 5. Returning Phone Calls and Messages:

If you receive a phone call or a message with a name and/or a telephone number, you are expected to return the phone call as soon as possible. When you have called a person who is not there, you are expected to leave your name and/or message so that person will be able to return your phone call.



## NON-DISCRIMINATION STATEMENT

Louisiana State University of Alexandria does not discriminate on the basis of race, color, religion, national origin, disability (physical or mental), sex, age, sexual orientation, gender identity, genetic information, or parental status in the admission to, participation in, or employment in the programs and activities which the University operates.

### On-Campus Resources

Student Center Counseling Services West Wing, Room W206  
Phone: (318) 767-2604



# DEGREE PROGRAMS

\*Also offered 100% Online  
\*\*ONLY offered 100% Online



## COLLEGE OF BUSINESS

- » Accounting\*
- » Accounting Information Systems & Data Analytics\*
- » Agribusiness\*
- » Applied Arts and Sciences (BAAS)\*
- » Business Administration\*
- » Entrepreneurship\*
- » Financial Analysis\*
- » Fraud & Forensic Accounting
- » Information Systems\*
- » International Business\*
- » Management\*
- » Marketing\*
- » Organizational Studies\*
- » Post-Baccalaureate Accounting Certification\*



## COLLEGE OF NATURAL SCIENCES & MATHEMATICS

- » Actuarial Science\* Biology
- » Aviation Management
- » Biology
- » Chemistry
- » Chemistry Management
- » Computer Science\*
- » Cyber Security
- » Forensics
- » Mathematics\*
- » Organismal & Field Biology
- » Pre-Physical/Occupational Therapy
- » Pre-Professional: Pre-Med, Pre-PA, Pre-Dentistry, Pre-Optometry, Pre-Vet, Pre-Pharmacy
- » Professional Aviation
- » Zoo Sciences



## COLLEGE OF HEALTH & HUMAN SERVICES

- » Cardiac Device Technology
- » Sales & Marketing
- » Cardiovascular Technology
- » Health Care Administration\*
- » Health Sciences\*
- » Long Term Care Administration\*
- » Medical Imaging\*\*
- » Medical Laboratory Science\*
- » Pharmaceutical Sales
- » Radiologic Technology



## COLLEGE OF LIBERAL ARTS

- » Africana Studies\*\*
- » Communication Studies\*
- » Communication in Human Relationships\*
- » English\*
- » Graphic Design\*\*
- » History
- » Humanities\*
- » Pre-Art Therapy
- » Pre-Law
- » Public History
- » Public Relations
- » Religious Studies\*
- » Sports Broadcasting
- » Visual & Performing Arts



## COLLEGE OF SOCIAL SCIENCES

- » Criminal Justice\*
- » Criminal Psychology\*
- » Clinical Psychology\*
- » Disaster Science & Emergency Management\*
- » Family & Community Dynamics Psychology\*
- » Industrial & Organizational Psychology\*
- » Political Science
- » Psychology\*
- » Social Science\*

## SCHOOL OF EDUCATION

- » Elementary Education
- » Coaching, Health & Physical Education
- » Health and Fitness Studies
- » Kinesiology
- » Secondary Ed: Biology, Chemistry, English, Political Science, Social Studies, Mathematics
- » Sports Management and Administration
- » Post-Baccalaureate Teaching Certification\*\*

## SCHOOL OF NURSING

- » AS Nursing (RN) BS
- » Nursing (RN to BSN)\*\*
- » LPN to RN

**SCAN TO EXPLORE PROGRAMS**  
[www.lsua.edu/degrees](http://www.lsua.edu/degrees)



[explore.lsua.edu](http://explore.lsua.edu) | [admissions@lsua.edu](mailto:admissions@lsua.edu) | 888.473.6417

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